



Carefree LIVING

Brainerd

A Division of Spectrum Health Companies



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2723 Oak Street
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www.spectrumhealthcos.com

The Spectrum Family of Health Companies

Located in the beautiful Brainerd Lakes area of central Minnesota, Carefree Living of Brainerd...Simply The Best.



We offer the following services to meet your needs:

- **24 hour care by our trained staff**
- **Registered Nurse available 24 hours a day**
- **LPN on-site 7 days a week**
- **Assistance with bathing, dressing, grooming, toileting and mobility**
- **Assistance with medication**
- **Assistance coordinating appointments**
- **Daily scheduled activities, religious services and monthly outings**
- **Social Worker on staff**
- **3 meals a day served in our friendly, family-like setting**
- **Housekeeping and laundry services**
- **Beauty shop on site**
- **24 hour emergency call pendant**
- **Contracted Behavioral Psychiatric Services on site**
- **Contracted Physical & Occupational Therapy Services on site**

Carefree Living has a secured memory care area for those meeting that criteria.